



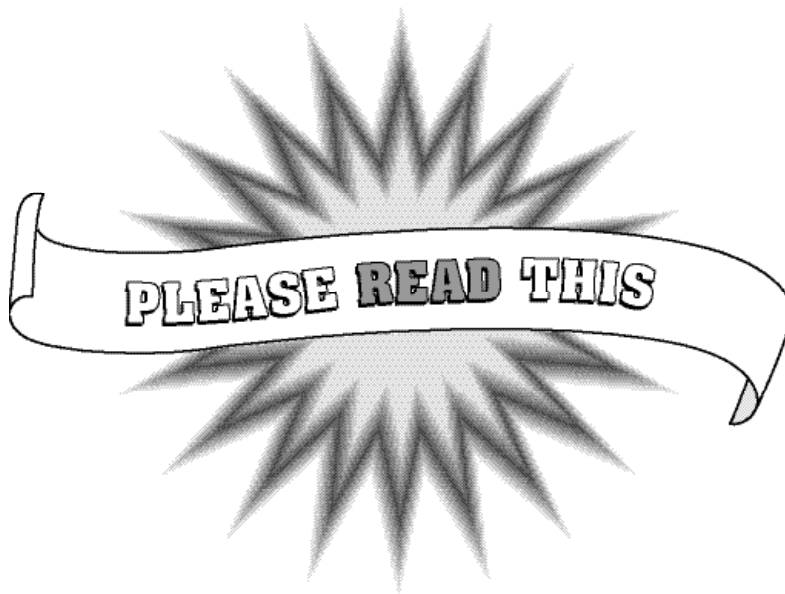
# Cambridge Recreation Program



**Swimming  
Tennis  
Basketball  
Athletics  
and more!**

at the War Memorial  
1640 Cambridge Street  
Cambridge

**617 349-6237**



### **REFUND POLICY**

A full refund will be given under the following circumstances: class is cancelled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no room for you.

You may be given a refund for other circumstances but there will be a \$25.00 administrative fee charged for each refund you request and it will take four to six weeks to process. Please make sure that you are able to participate before you register.



### **WAR MEMORIAL CLOSING**

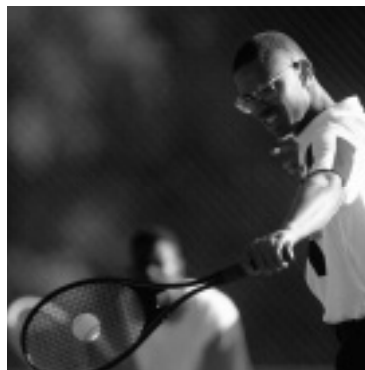
The War Memorial will be closing January 26 and not reopening until April 5 if all goes well with the planned work. There will be a new balance tank, filters for the large pools and other needed repairs and replacements. Thank you for bearing with us.



### **WOMEN'S BASKETBALL**

Women's basketball could use some additional players in order to keep the program active. If you play or would like to play please come join us on Saturday October 11. The cost for a Cambridge resident is only \$2.75 and \$3.25 for a non-resident. It's a great experience and loads of fun.

If you don't like going to the gym this sport may be the answer.



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### Operating Hours

**Monday-Friday** the desk opens at 5:30pm Facility closes at 9:15pm

**Saturday** desk opens at 8:30am. There are occasional adjustments on Saturday opening. Facility closes at 7:15pm.

**Sunday** desk opens at 12:00 noon. Facility closes at 5:15pm.

**The front door is locked 45 minutes before the facility closes based on the clocks in the facility. Pool re-opens September 8**

### Dates Closed

October 13, November 11, November 26-30, December 23-31, January 1, 19, February 17, April 11, April 19, May 28-31, July 5, August 16-September 7

**The pool only is also closed on January 26-April 4**

The Cambridge Recreation department telephone number is **617 349-6279**. Staff members are available at this number during regular operating hours to answer questions. TTY/TDD: **617 492-0235**. When the facility is closed there is a recorded message available.





## Children's Swimming

### Children's Swimming Lessons

Saturdays, September 27- December 6  
(10 Weeks) *no class*: November 29  
Parents are allowed in the pool with  
children only during Toddler/Preschool  
lessons.

#### Toddler/ Preschool

**CS101** Saturday 10:00-10:30am  
**CS102** Saturday 12:30-1:00pm  
**CS119** Saturday 10:30-11:00am

*Ages: 18 months-4.5 years*

*\$50 Resident / \$55 Non-Resident*

Parents are required to participate.

Children not toilet trained must wear a  
diaper and rubber pants. One child per  
adult.

#### Preschool Referral/Level I

**CS103** Saturday 1:00-1:30pm

*Ages: Toddler/Preschool/5 & 6 years*

*\$50 Resident / \$55 Non-Resident*

Children participate in this class without  
parents. If you are interested in this  
class for your child he/she must have  
participated in previous classes and must  
be approved by staff to participate. Class  
size depends on instructor availability.

#### Level I: Water Exploration

**CS104** Saturday 11:15-11:45am

**CS106** Saturday 3:15-3:45pm

*Ages: 5-11 years*

*\$50 Resident / \$55 Non-Resident*

Become more oriented with the aquatic  
environment and move comfortably in  
the water. Learn to submerge face,  
breath control, supported floating, etc.  
Class meets in the small pool (majority  
of the time).

#### Level II: Primary Skills

**CS107** Saturday 11:45-12:15pm

**CS108** Saturday 1:45-2:15pm

**CS110** Saturday 3:15-3:45pm

*Ages: 5-11 years*

*\$50 Resident / \$55 Non-Resident*

Learn to submerge face, float on the  
back and front, retrieve underwater  
objects, rhythmic breathing, and flutter  
kick (front and back). Class meets in  
the small pool (majority of the time).

#### Level III: Stroke Readiness

**CS111** Saturday 10:00-10:45am

**CS112** Saturday 12:30-1:15pm

**CS118** Saturday 1:45-2:30pm

*Ages: 5-11 years*

*\$55 Resident / \$60 Non-Resident*

Learn front and back crawl, elementary  
backstroke, treading water, diving from  
the side of the pool. Class meets in the  
lap pool.

#### Level IV: Stroke Development

**CS113** Saturday 10:45-11:30am

**CS114** Saturday 3:15-4:00pm

*Ages: 5-14*

*\$55 Resident / \$60 Non-Resident*

Learn deep water bobbing, breast-stroke,  
side-stroke, turning at the wall and  
diving. Class meets in the lap pool.

#### Level V: Stroke Refinement

**CS115** Saturday 11:45-12:30pm

*Ages: 5-14 years*

*\$55 Resident / \$60 Non-Resident*

Introduction of the butterfly, open  
turns, and perform all previous strokes at  
increased distances. Class meets in the  
lap pool.

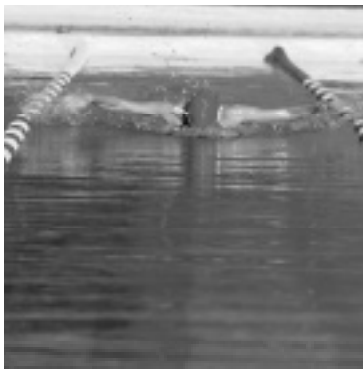
#### Level VI: Skill Proficiency

**CS116** Saturday 2:30-3:15pm

*Ages: 5-14 years*

*\$55 Resident / \$60 Non-Resident*

Diving off board, polish strokes, learn  
pike and tuck surface dives, and  
additional turns. Class meets in the  
lap pool.



#### Level VII: Advanced Skills

**CS117** Saturday 2:30-3:15pm

*Ages: 5-14 years*

*\$55 Resident / \$60 Non-Resident*

Perfect all strokes, perform springboard  
dives in tuck and pike position, swim  
continuously for five hundred yards,  
and tread water for five minutes.

#### Synchronized Swimming Beginner Class

**BSS01** Saturday 10:00-11:00am

*Ages: 8+ years Fee: \$60*

Requirements: Students must be able to  
do the breast stroke. All levels will be  
covered in this class.

#### Cambridge Synchronized Swim Team

**SST01** Tues. & Thurs. 7:00-9:00pm

Saturday 8:00-10:00am

*Fee: \$650*

Team members will participate in  
competitions and the final show of the  
season. Team members unable to partic-  
ipate in all meets will be selected as  
alternates. No practice on the following  
dates: Nov. 27, Dec. 23, 25, 30, January  
1. Payment of a \$650.00 fee may be  
divided: the first payment is due before  
September 23rd, and the second  
payment is due before January 6th,  
2004. Late enrollees are responsible for  
the complete fee. **Payment is to be  
mailed during the mail registration  
period.** No team member will be  
allowed into the first practice if the  
required payment is not made. Please do  
not drop your child off on September  
23rd or January 6th without the  
payment.



Please register early to  
avoid disappointment



## Gymnastics

### Safety Awareness

In all gymnastics classes children will build strength and flexibility, balance, and coordination while they learn new skills. It is extremely important that your child be on time for class and not miss the warm-up period. If your child is not properly warmed up, injury may occur. Please cooperate with our effort to provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

### Preschool Intro:

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

### GYM 1:

**Intro** 9:30-10:15 am  
September 27-November 15 (8 weeks)  
*Ages: 2-3*  
\$50 Resident / \$55 Non-Resident

### GYM 2:

**Intro** 10:15-11:00 am  
September 27-November 15 (8 weeks)  
*Ages: 3-4*  
\$50 Resident / \$55 Non-Resident

### Children's Plus & Experienced:

Prior participation in gymnastics is required. Children should be able to participate in class without parent involvement. It will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.

### GYM 3:

**Plus** 10:15-11:00 am  
(1-2 semesters of experience required)  
September 27-November 15 (8 weeks)  
*Ages: 2-4*  
\$50 Resident / \$55 Non-Resident

### GYM 4:

**Experienced** 9:30-10:15 am  
(3-4 semesters of experience required)  
September 27-November 15 (8 weeks)  
*Ages: 3-5*  
\$50 Resident / \$55 Non-Resident

### Beginner:

Classes will focus on building strength, flexibility, and endurance while learning the basics of gymnastics and tumbling.

### GYM 6:

**Boys** 11:00-12:00 pm  
September 27-November 15 (8 weeks)  
*Ages: 5-8*  
\$60 Resident / \$65 Non-Resident

### GYM 7:

**Girls** 11:00-12:00 am  
September 27-November 15 (8 weeks)  
*Ages: 5-8*  
\$60 Resident / \$65 Non-Resident

### Advanced Beginner:

Prior participation in Beginner gymnastics, including cartwheel on both sides, forward and backward roll and bridge.

### GYM 8:

**Saturday** 12:00-1:00 pm  
September 27-November 15 (8 weeks)  
*Ages: 5-8; Girls*  
\$60 Resident / \$65 Non-Resident

If you are interested in intermediate or advanced levels of gymnastics

Call: (617) 354-5780





## Children's Tennis

### All Classes Meet for 10 Weeks

**\$55 Resident / \$60 Non-Resident**

September 27- December 6

No class November 29

Parents are asked to participate in Pee Wee Classes.

### Pee Wee Tennis - Group I

**CT102** Saturday 12:45-1:30pm

*Ages: 4-6 years (only)*

This class is for students with no previous experience.

### Pee Wee Tennis - Group II

**CT103** Saturday 9:45-10:30am

*Children's Ages: 4-6 years (only)*

This class is for students with minimum experience (at least one session).

### Pee Wee Tennis - Group III

**CT104** Saturday 11:15-12:00pm

*Ages: 4-6 years (only)*

This class is for students who have taken two or more sessions.

### Beginner Tennis

**CT106** Saturday 1:30-2:15pm

**CT110** Saturday 9:00-9:45am

*Ages: 7-14 years*

This class is for students with absolutely no experience.

### Advanced Beginner Tennis

**CT107** Saturday 2:15-3:00pm

**CT111** Saturday 10:30-11:15pm

*Ages: 7-14 years*

This class is for students who have taken some lessons, can keep score, and know the rules of the game.

### Intermediate Tennis

**CT108** Saturday 3:00-3:45pm

*Ages: 7-14 years*

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

### Advanced Tennis/ Teens Advanced Tennis

**CT109** Saturday 3:45-4:30pm

*Ages: 9-17 years*

Students who have progressed into serving and volleying will be drilling and playing games focused on strategy in singles and doubles.

## Adult Tennis

**Tennis students attending 7:00pm classes may remain after their class to practice on the wall, and those students attending the 8:00pm class may come one hour before their class to practice. This applies to the night you attend.**

### Beginner Tennis

**AT101** Thursday 8:00-9:00pm

*October 2-December 11 (10 weeks)*

*No class November 27*

*\$65 Residents / \$75 Non-Residents*

This class is for students with no previous experience.

### Advanced Beginner Tennis

**AT102** Wednesday 7:00-8:00pm

*October 1-December 10 (10 weeks)*

*No class November 26*

*\$65 Residents / \$75 Non-Residents*

This class is for students who have taken some lessons, can keep score, and know the rules of the game.

### Intermediate Tennis

**AT103** Wednesday 8:00-9:00pm

*October 1-December 10 (10 weeks)*

*No class November 26*

*\$65 Residents / \$75 Non-Residents*

Students in this class have taken several classes or have progressed beyond forehand and backhand and are ready for serving and volleying.

### Advanced Tennis

**AT106** Thursday 7:00-8:00pm

*October 1-December 11 (10 weeks)*

*No class November 27*

*\$65 Resident / \$75 Non-Residents*

Students who have progressed into serving and volleying will be drilling and playing games focused on strategy in singles and doubles.





## Swimming

### Level I

*Water Exploration*

**AS101** Tuesday 6:30-7:15pm

*September 30-December 9 (10 weeks)*

No class November 11

*\$60 Residents / \$65 Non-Residents*

Have you ever been in water over your head? Is the only water where you feel comfortable in the bathtub? If so, and you cannot swim, this level is for you.

### Level II

*Primary Skills*

**AS102** Tuesday 7:15-8:00pm

*September 30-December 9 (10 weeks)*

*\$60 Residents / \$65 Non-Residents*

Can you move your arms and legs? Have you ever been taught anything about swimming? If you are ready to consider the front crawl and back crawl, this level is for you.



### Level III

*Stroke Readiness*

**AS103** Monday 6:30-7:15pm

*September 29-December 8 (10 weeks)*

No class October 13

*\$60 Residents / \$65 Non-Residents*

If you can swim the length of the small pool, and are ready to learn the breast stroke, then this is the level for you.

### Level IV

*Stroke Development/Refinement*

**AS104** Monday 7:15-8:00pm

*September 29-December 8 (10 weeks)*

No class October 13

*\$60 Residents / \$65 Non-Residents*

If you can swim at least one length of the lap pool, and you are ready to learn the breast stroke and the side stroke, then this level is for you.

### Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. If you have any questions, please feel free to contact me. The larger the group, the more motivation to improve. So come swim!

**AS105** Tuesday & Thursday

6:45-8:00pm

*September 30-December 9 (16 sessions)*

No class October 16, 21, 23 and

November 11, 27

*\$65 Residents / \$75 Non-Residents*



## Aquatic Exercise Classes

### Choreographed Routines

*aerobics and deep water work out*

**AQ101** Monday and Wednesday

5:30-6:45pm

*September 29-December 10 (10 weeks)*

No class October 13 or

November 27

*\$80 Residents / \$90 Non-Residents*

### Step/Deep Water Workout

**AQ102** Monday and Wednesday

6:45-8:00pm

*September 29-December 10 (10 weeks)*

No class October 13 or

November 27

*\$80 Residents / \$90 Non-Residents*

### Why Aquatic Exercise?

- Whether you are new to exercise, or maximally fit, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints.
- Classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective! Use of buoyant equipment increases cardio-respiratory fitness, as well as muscular strength, toning, and flexibility.
- Classes are conducted in either a 4-foot deep pool (about chest deep or less) and/or the deep pool, using flotation belts. Aqua shoes are required. Dumbbells, ankle weights, flotation belts, and steps are provided. If you have not considered aquatic exercise please give us a try.
- Our instructors are certified by the Aquatic Exercise Association. Lifeguards are present during the class.



## Swimming

### Senior Adult Program

*These classes are available to students ages 55 and over. Mail registrations begin on August 25 and ends September 5*  
Please follow your registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics. Please note that registration is by mail only. Registration is based on first come, first serve basis.

*Note: Registrations postmarked after September 5 will be returned.*

*\$35 once a week  
\$55 twice a week*

### Aqua Aerobics Schedule

**AQ103 Tuesday & Thursday**  
3:30-4:30pm

**AQ104 Tuesday**  
3:30-4:30pm

**AQ105 Thursday**  
3:30-4:30pm

### Class Schedule

<b>Tuesday</b>	<b>Thursday</b>
September 30	October 2
October 7	October 9
October 14	October 16
October 21	October 23
October 28	October 30
November 4	November 6
No class Nov. 11	November 13
November 18	November 20
November 25	No class Nov. 27
December 2	December 4
December 9	December 11

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation.

If you are registering for Aqua Aerobics, please follow the schedule and prices as they appear in the book or your registration will be returned as incorrect. Registrations that do not include a check for the full amount for ten or twenty sessions will not be accepted. Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. The enrollment has been increased to cover dropouts as well as absenteeism. Please come to classes only on the day(s) you have registered for. Thank you for your cooperation in this matter.

Walk-in registration will be available at the War Memorial on the first day of class, so please call in advance and check to see if space is available. This will make it easier for those of you who miss mail registration. Please do not pay the instructor. The maximum number that will be registered for Aqua Aerobics is eighteen per day. If you have any questions concerning any of this information, please call Donna Cameron at (617) 349-6237. If you do not reach me, please leave a message on my voice mail.



**Please register early to  
avoid disappointment**

***"I rarely start my day  
without a good power swim at  
the Cambridge Rec. pool"***

***George Craig***



## Pool Fees

	Cambridge Resident	Non Resident
Per swim child*	<b>1.00</b>	1.25
Per swim adult	<b>3.25</b>	3.75
Per swim senior**	<b>1.50</b>	1.75
Per swim couple***	<b>4.75</b>	5.75
Per swim family	<b>5.00</b>	6.00
10 swim adult	<b>25.00</b>	30.00
10 swim senior	<b>10.00</b>	13.00
10 swim couple	<b>40.00</b>	45.00
10 swim family	<b>45.00</b>	50.00
30 day pass adult	<b>40.00</b>	45.00
30 day pass senior	<b>25.00</b>	30.00
30 day pass couple	<b>65.00</b>	80.00
30 day pass family	<b>70.00</b>	85.00
24 week adult	<b>110.00</b>	135.00
24 week senior	<b>40.00</b>	60.00
24 week couple	<b>130.00</b>	155.00
24 week family	<b>135.00</b>	160.00
48 week child	<b>35.00</b>	55.00
48 week adult	<b>140.00</b>	180.00
48 week senior	<b>60.00</b>	85.00
48 week couple	<b>180.00</b>	255.00
48 week family	<b>185.00</b>	265.00





## Pool Schedule

***“The staff was friendly,  
informative and efficient”***

***Louis Ruta***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Small pool &amp; Diving Tank Not Available</i>	<i>Diving Tank Not Available</i>	<i>Small Pool &amp; Diving Tank Not Available</i>	<i>Diving Tank Not Available</i>			
Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Family Swim 5:30 – 8:30pm	SYNCHRO 8:00-11:00am	Children Open Swim Ages 9+ 12:00 – 4:30pm
Adult Lap Swim 5:30 – 9:00pm	Family Swim 5:30 – 6:30pm	Adult Lap Swim 5:30 – 9:00pm	Family Swim 5:30 – 6:30pm	Adult Lap Swim 5:30 – 9:00pm	Children Swim Lessons 10:00am-4:00pm	Family Swim 12:00 – 4:30pm
Adult Swim Lessons 6:30 – 8:00pm	Adult Swim Lessons 6:30 – 8:00pm	Special Needs 6:30 – 7:30pm	Masters Swim 6:45 – 8:00pm		Children Open Swim Ages 9+ 4:30 – 6:30pm	Adult Lap Swim 12:00 – 5:00pm
Aqua Aerobics 6:45 – 8:00pm	Scuba 7:00 – 9:00pm	Aqua Aerobics 6:45 – 8:00pm	SYNCHRO 7:30 – 9:00pm		Family Swim 4:30 – 6:30pm	
	Masters Swim 6:45 – 8:00pm				Adult Lap Swim 4:30 – 7:00pm	
	SYNCHRO 7:30 – 9:00pm					



## Parent Letter

Dear Parent,

I am pleased to welcome your child into the program. In order that the programs operate smoothly and all the children have a good and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated. The War Memorial is a very large building located on a very busy street, therefore children under the age of eight need to be accompanied by an adult. All class participants are required to sign in at the front desk and check in at the pool and gym (parents of young children may do the signing and checking in and siblings can come). Non-registered children and parents are not allowed access to these facilities. Please do not ask to speak to instructors, as they are not authorized to allow your child into a class after registration is complete. Check the registration information in the back of the brochure and you will find the final date for registration in children's classes listed. The only exception to that date will be people who are wait listed and notified at the last minute that a space is available.

### Swim Rules

Parents are required to be in the pool during toddler/pre-school instruction. There must be one adult per child in this class. Parents of children in pre-school referral through level seven must sit in the balcony not on the deck. Please prepare your child in advance for this so your child has realistic expectations. Children who are not toilet trained must wear a diaper and rubber pants or a swim diaper in order to prevent defecation in the pool. If this happens the pool has to be closed for twenty-four hours to superchlorinate and allow for sufficient filtration, so the water quality is returned to an acceptable level. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group. Please do not request that your child be placed in an inappropriate level, as it is unsafe as well as non-beneficial. If you can not place your child in the correct level due to scheduling conflicts, it would make sense not to register them and wait for a more appropriate time.

### Gym Rules

Parents not required to participate in class need to sit in the bleachers along with siblings. No children or parents not participating are to be on the gym floor as this causes a distraction as well as safety hazard. Let me suggest that if it is difficult to keep a sibling busy, you use the tot lot in good weather or the library as alternative space. No one, including class participants, is to use any gymnastics equipment without the permission of the instructors. Please take into account the significant risk involved when you do not cooperate. Please do not ask instructors to allow non-registered siblings into classes. No basketball playing, tennis practice or other type of activity is allowed in the field house or any other part of the building during classes. Please respect all the children's and teachers right to undisturbed instruction. No student is to remain for more classes than they have registered for. If you have questions please speak to the gym manager.

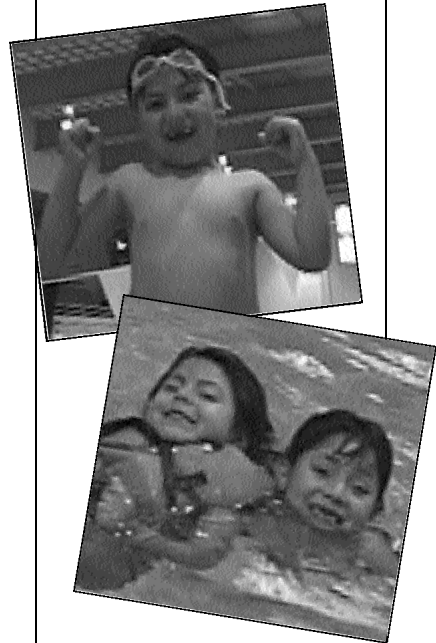
If you have questions or concern please call me, I will be happy to speak to you. I can be reached at 349-6237.

Sincerely,

Donna M. Cameron, Recreation Activities Manager

### Are you Photogenic? Then we need you!

The Cambridge Recreation Department is looking for a few new faces to jazz up our quarterly catalogue. Please submit photos, either in digital or print form and we'll use them where appropriate in future issues.



Please submit your photos with a release form to:

**Donna Cameron**  
c/o Cambridge Recreation  
Department  
51 Inman Street  
Cambridge, MA 02139



***“The facilities are better than most health clubs and a fraction of the cost”***

***Carmelo Cavallo***



## Weight Room

### Weight Room

#### Schedule

Monday – Thursday . . .6:00 – 8:15pm  
Saturday . . . . .3:00 – 6:00pm  
Sunday . . . . .2:00 – 5:00pm

#### Weight Room Fees

*Per visit student \$1.00 (High School )*

	Cambridge Resident	Non Resident
Per visit adult	3.25	3.75
Per visit couple	5.50	6.25
Per visit senior	1.25	1.50
10 visit adult	25.00	30.00
10 visit couple	45.00	55.00
10 visit senior	10.00	12.50
30 day adult	40.00	55.00
30 day couple	55.00	70.00
30 day senior	20.00	40.00
24 week adult	90.00	100.00
24 week couple	140.00	160.00
24 week senior	30.00	50.00
48 week student	25.00	25.00
48 week adult	125.00	145.00
48 week couple	170.00	190.00
48 week senior	45.00	65.00

### Combination Weight Room and Pool Fees

	Cambridge Resident	Non Resident
Per visit adult	4.25	5.25
Per visit couple	6.75	8.75
Per visit senior	2.00	2.50
10 visit adult	40.00	50.00
10 visit couple	62.50	82.50
10 visit senior	12.50	15.00
30 day adult	55.00	65.00
30 day couple	75.00	90.00
30 day senior	35.00	45.00
24 week adult	120.00	145.00
24 week couple	180.00	230.00
24 week senior	50.00	60.00
48 week adult	175.00	190.00
48 week couple	220.00	280.00
48 week senior	80.00	90.00

## Basketball

### Co-ed Volleyball

Ages:.....21 and above  
Times: .....Friday, 7:00– 9:00pm  
Sunday, 12:00–3:00pm  
Start Date: .....October 3 and 5  
End Date: .....June 18+21  
Cost:.....\$2.75 Resident  
\$3.25 Non-Resident

Closed on November 28+30,  
December 26,28, April 11, May 28  
and 30.

### Women's Basketball

Ages:.....18 and above  
Time:.....Saturday, 3:00–5:00pm  
Start Date: .....October 11  
End Date: .....May 22  
Cost each time: \$2.75 Resident  
\$3.25 Non-Resident

Closed on November 29,  
December 27.



# **HAVING A BIRTHDAY?**

**Why not have your party at the War Memorial?**

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Enjoy swimming in our pools and a classroom is available for your party.

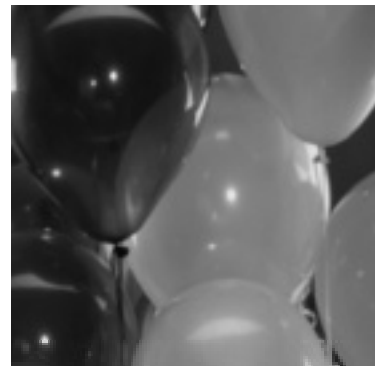
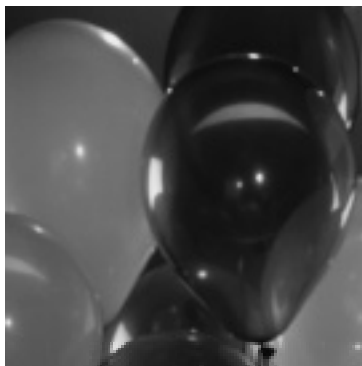
But hurry, space is limited and arrangements must be made in advance for the months of September through June. Dates must fall on a Friday, Saturday or Sunday. Only one party per day please.

The fee is \$1.50 per person and is payable upon arrival. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather.

No parties will be available from January 30-April 4

For more information please call

**617 349-6237**





## Recreation Department Rules

1) All patrons are required to sign-in at the Desk before proceeding to classes or activities. If you fail to do so you will be sent back immediately. Please be prepared to show your pass.

2) Please use the Main Cambridge Street entrance to enter and leave the facility. All other doors are emergency exits only and if they are opened, it is impossible to control who enters the facility.

3) Please do not bring valuables to the facility as the City of Cambridge can not accept responsibility for patron's possessions, so please do not ask to leave valuables in the Office or at the Front Desk. It is also important that you bring a lock for your locker each time you use the facility.

4) If your class is cancelled due to the weather or teacher absence it will be made up. Every effort will be made to hold the make-up on your regular class meeting day and to give you as much notice as possible.

5) All patrons of the War Memorial are expected to follow the rules when using the facility. Inappropriate behavior or offensive language will not be tolerated and will result in the suspension of facility privileges. Please remember you are a guest at the War Memorial.

6) The Recreation Division reserves the right to make changes in the schedule by either adding or deleting programs. This will be done to meet new program needs and at the discretion of the Recreation Activities Manager.

7) If the Cambridge Public Schools are closed due to inclement weather, all War Memorial Programs are cancelled. If a storm begins during the day or affects weekend programs, cancellations will be on WRKO Radio and channel 7 Storm Force. There will also be a message on 349-6279 and 349-6237.

8) The City of Cambridge, Recreation Division, does not discriminate on the basis of disability. The War Memorial will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request.

### Children:

1) No males over the age of 5 are allowed into the women's locker room, and likewise, females over the age of 5 are not allowed in the men's locker room.

2) Children under 12 will not be admitted into family swim if not accompanied by an adult. Children 13 and older will be allowed in without a parent. Failure to behave will require that a parent be there for future visits.

3) Adult lap swim is for adults 18 and older.

4) Children 8 and under must be accompanied in the pool by an adult unless the child is a competent swimmer. This will be evaluated by the pool staff.

5) Children not toilet trained must wear rubber pants and diapers.

6) Please do not leave children in strollers unattended.

7) The only floatation devices allowed in the pool are US Coast Guard approved life jackets in aiding your child to swim. If your child wears a life jacket you must accompany them in the pool. Bubbles, water wings/swimmies, and water tubes are not allowed.

### To Our Pool Patrons:

All participants would like to benefit equally from using the pool for workouts. For this to occur in a productive way, all patrons need to behave in a considerate and cooperative manner towards each other. To help facilitate this

as well as create a safe and more pleasant environment, some simple rules and premises are being established.

1) Speed of a lane is based on the fastest swimmer as well as the decision of management staff. If you are being lapped, you will be asked to move to a slower lane.

2) Kickboards and pull buoys may be used in any lane as long as you can keep up with the speed of the lane. Otherwise, you will be asked to move into a slower lane.

3) Circle swimming only, lanes may not be split. Swimmers should swim counter-clockwise regardless of how many people are in a lane.

4) Pool entry should be by pool ladders or by sliding in. Please do not jump or dive off ends as the pool is too shallow, and you may injure yourself as well as an on-coming swimmer.

5) Lifeguards and managers have the final say, and may revoke your swimming privileges if you fail to follow their directions.

6) If you are unsure of which lane is appropriate for you, please ask a guard for help.

7) If a guard requests that you switch lanes, please do not respond that you "have been swimming in that lane for years;" that is not relevant. The swimmer's speed is the measure of who belongs in a lane, and that varies on every visit.

8) Recreation patrons are not allowed off the diving blocks.

*Thank you for your cooperation.*



## War Memorial Rules

### The following rules and regulation are required for the safety of all participants at the War Memorial Facility

#### Pool Rules:

- 1) Patrons are not to enter the pool area if a lifeguard is not present.
- 2) Running, pushing, or rough play is not allowed.
- 3) Lanes may be pulled for programs at the discretion of the Recreation Division.
- 4) Please stay off lane lines.
- 5) Do not engage guards in unnecessary conversation while they are on duty.
- 6) Patrons are requested to observe all the rules and follow the instructions of the staff on duty.

#### Diving Rules:

- 1) Diving is only permitted in the diving pool.
- 2) ALL CHILDREN WILL BE TESTED. A child must swim 25 yards nonstop using only breaststroke or front crawl. This must be done to the satisfaction of the guard on duty.
- 3) All divers must surface immediately after their dive and swim over to the far ladder.
- 4) Only one person at a time on the diving board.
- 5) No one may catch another swimmer who is going off the diving board, regardless of age.
- 6) The diving tank is not for lap swimming.
- 7) The diving tank is not available at all times, so please check with the desk staff before purchasing a ticket.

#### Pool Etiquette:

- 1) All patrons are to shower before entering the pool per order of the Health Department.
- 2) Patrons are required to return all equipment to its proper location.
- 3) Lanes are marked for speed; therefore, patrons are to choose the lane appropriate for their ability, fast lanes are for high performance swimmers. Patrons requested by staff to change lanes need to do so immediately.
- 4) No glass containers are to be brought into the locker rooms or pool area.
- 5) All patrons need to leave the pool and locker room on time. Please be considerate of the staff as well as our commitment to the school department to live with our schedule.





## War Memorial

### Where is the War Memorial

The War Memorial is part of Cambridge Rindge and Latin High School. It is located at 1640 Cambridge

### What Will I Find There?

There are three swimming pools. The lap pool is six lanes and 25 yards long. The water temperature is 80 degrees. Diving tank - two diving boards, 12 feet deep. Round instructional pool is 84 degrees. Three-and-a-half feet deep. Life guards are always present.

### Field House

4 Volleyball Courts  
3 Indoor and 3 Outdoor Tennis Courts  
2 Basketball Courts

### Upstairs Gym

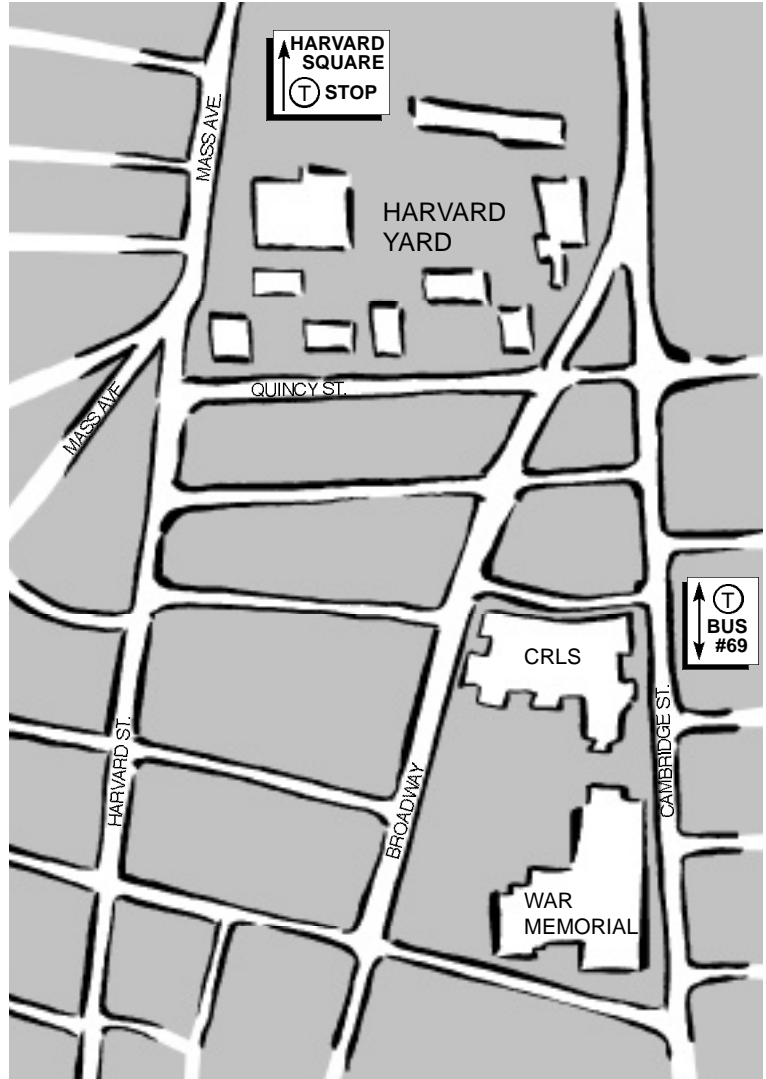
Full Regulation Basketball Court and Several Side Courts  
Wood Floor

### Weight Room

Small Universal, Stairmaster Treadmill, Rower, Bicycle  
10 Nautilus Machines Designed for Women  
Many Free Weights  
Locker Rooms and Bathrooms.

### How Can I Get There?

You can reach the facility by the T - the 69 bus stops almost in front of the door. You can take the Red line to Harvard and walk, which takes about 10-15 minutes. You can drive, but street parking is limited. There are meters on both side of the street. However, if you have a resident sticker, you can use off street parking. Please do not park in the library parking lot as it is for library patrons only.





## Scholarship Request

### Cambridge Recreation Program Scholarship Request Form

*All information is kept strictly confidential*

Child's Name \_\_\_\_\_

Mother's Name \_\_\_\_\_

Father's Name \_\_\_\_\_

Please List all others living in the home:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Scholarships are available to Cambridge Residents who meet one of the following guidelines:

- ☐ Recipients of Transitional Assistance
- ☐ Medicare Recipients
- ☐ S.S.I. Recipients
- ☐ WIC Recipients
- ☐ Fuel Assistance Recipients
- ☐ Unemployment

*Please include documentation that you receive one or more of the above.*

To the best of my knowledge, the above information is correct.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2003 and May 1, 2004.

**Mail in your registration form, scholarship request form, and a copy of your 2001 tax return.**

Please do not send a check at this time. If you receive a scholarship you will be billed when your confirmation is mailed and at that time you will be required to send a check to the Recreation Department.

**Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration.**  
Scholarship applications may only be made during mail registration.

Mail to:

Donna Cameron • Fall 2001 Registration • 51 Inman Street • Cambridge, MA 02139



*by mail*

**Donna Cameron**  
Fall 2003 Registration  
51 Inman Street  
Cambridge, MA 02139

Mail registration begins August 25 and ends September 5. All mail must be post marked by September 5 or it will be returned.

### Walk-In

Walk-in registration begins Wednesday, September 16 from 5:30-8:30pm at the War Memorial.

Registration for children's classes is final on Wednesday September 24. There will be no further registration after this date.

**Please be careful when you address your envelope. make sure you use the exact address listed above or your registration may not be received until after the deadline.**

**If you are wait listed please understand this does not mean you will get into a class. Once the children's classes have begun the wait lists are defunct. A child can only replace someone if notification is made before September 20th.**

**Please register early to  
avoid disappointment**

Received Confirmed

last name	first name	sex	<input type="checkbox"/> male	<input type="checkbox"/> female
address				
town/city		zip code		
home phone		work phone		
emergency contact		emergency phone		
D.O.B.		parents name		

☐ cambridge resident      ☐ non-resident      ☐ new address  
☐ add me on your mailing list      ☐ scholarship award      ☐ this is my first class

course code	title	day	time	fee
participant signature (parent/guardian signature if participant is under 18 years of age)			date	

Received Confirmed

last name	first name	sex	<input type="checkbox"/> male	<input type="checkbox"/> female
address				
town/city		zip code		
home phone		work phone		
emergency contact		emergency phone		
D.O.B		parents name		

☐ cambridge resident      ☐ non-resident      ☐ new address  
☐ add me on your mailing list      ☐ scholarship award      ☐ this is my first class

course code	title	day	time	fee
	second choice			
participant signature (parent/guardian signature if participant is under 18 years of age)			date	



## Registration

### Additional Information

Preference is given to Cambridge residents. Non-resident mail will be date-stamped and placement in a class will be made at the end of the two weeks of registration if space is available.

Confirmations will be mailed on **September 12**

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It will make your registration smoother. If you have changed your address since the last time you registered, please let us know.

Please write one check for every class you register. If a class is full, refunding you will be faster.

Please make checks payable to:  
**The City of Cambridge**

### Refund policy

The policy is on the frontinside cover. Please read it.

<b>Registration Form 2003</b> (please print) <input type="checkbox"/> Received <input type="checkbox"/> Confirmed					
<b>Participant</b>					
last name		first name		sex	<input type="checkbox"/> male <input type="checkbox"/> female
address					
town/city			zip code		
home phone		work phone			
emergency contact		emergency phone			
D.O.B.		parents name			
<b>Check all that apply</b>					
<input type="checkbox"/> cambridge resident		<input type="checkbox"/> non-resident		<input type="checkbox"/> new address	
<input type="checkbox"/> add me on your mailing list		<input type="checkbox"/> scholarship award		<input type="checkbox"/> this is my first class	
<b>Course information</b>					
course code	title			day	time fee
second choice					
participant signature (parent/guardian signature if participant is under 18 years of age)					date

<b>Registration Form 2003</b> (please print) <input type="checkbox"/> Received <input type="checkbox"/> Confirmed					
<b>Participant</b>					
last name		first name		sex	<input type="checkbox"/> male <input type="checkbox"/> female
address					
town/city			zip code		
home phone		work phone			
emergency contact		emergency phone			
D.O.B.		parents name			
<b>Check all that apply</b>					
<input type="checkbox"/> cambridge resident		<input type="checkbox"/> non-resident		<input type="checkbox"/> new address	
<input type="checkbox"/> add me on your mailing list		<input type="checkbox"/> scholarship award		<input type="checkbox"/> this is my first class	
<b>Course information</b>					
course code	title			day	time fee
second choice					
participant signature (parent/guardian signature if participant is under 18 years of age)					date